



SWEET POTATOES, FRESH

Date: April 2009

Code: F160, F161, F162, F163

PRODUCT DESCRIPTION

- Sweet potatoes are fresh potatoes, U.S. No. 1 or better.

PACK/YIELD

- F160: 1-pound bag (about 3 per bag)
- F161: 2-pound bag (about 6 per bag)
- F162: 3-pound bag (about 9 per bag)
- F163: 5-pound bag (about 15 per bag)
- 1 pound makes about 2 cups of cooked mashed sweet potatoes.

STORAGE

- Store sweet potatoes in a cool, dry place, not in the refrigerator. Use within 2 weeks.
- Store cooked sweet potatoes in a tightly closed container not made from metal in the refrigerator.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at:
<http://www.fns.usda.gov/fdd/facts/biubguidance.htm>

PREPARATION/COOKING

- Before cooking, wash sweet potatoes to remove any dirt from the skin. It is not necessary to peel sweet potatoes before cooking them.
- To bake or roast: Brush potatoes with oil if you like and wrap in foil. Poke holes in the skin with a fork or knife a few times and bake at 400 degrees F for 40 to 50 minutes or until soft.
- To boil: Cut sweet potatoes (they can be peeled or unpeeled) into pieces and place in boiling water. Cook 15 to 20 minutes and drain. If you are mashing sweet potatoes after boiling them, they should be peeled first.
- To microwave: Prick the skin of the potato with a fork or knife a few times. Cook on high, turning the potato halfway through the cooking time. Cook 1 potato for 3 to 4 minutes, 2 potatoes 5 to 6 minutes, and 3 potatoes 7 to 8 minutes.

USES AND TIPS

- Use sweet potatoes in soups or baked goods such as breads, muffins, or sweet potato pie.
- Top baked sweet potatoes with cinnamon and brown sugar, nuts, or cheese to add flavor.
- Cut sweet potatoes into cubes, drizzle with oil, garlic powder, salt, and pepper, and roast until soft for an alternative to white potatoes.

NUTRITION INFORMATION

- 1 medium sweet potato counts as 1 cup in the MyPyramid.gov Vegetable Group. For a 2,000-calorie diet, the daily recommendation is about 2 ½ cups of vegetables.
- 1 medium sweet potato provides more than a day's worth of vitamin A and 35% of the daily recommended amount of vitamin C.

FOOD SAFETY INFORMATION

- Keep sweet potatoes away from raw meat, poultry, or seafood, and from the kitchen tools used with meat, poultry, or seafood.

OTHER RESOURCES

- www.nutrition.gov
- www.commodityfoods.usda.gov

NUTRITION FACTS

Serving size: 1 medium sweet potato (114 g)
cooked, baked in skin, without salt

Amount Per Serving

Calories	105	Calories from Fat	0
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% Daily Value*

Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 40mg	4%
Total Carbohydrate 24g	7%
Dietary Fiber 4g	15%
Sugars 13g	
Protein 2g	

Vitamin A	438%	Vitamin C	37%
Calcium	4%	Iron	4%

*Percent Daily Values are based on a 2,000 calorie diet.

OVEN BAKED SWEET POTATOES**MAKES ABOUT 4 SERVINGS****Ingredients**

- 4 medium sweet potatoes
- Nonstick cooking spray
- 1 tablespoon vegetable oil
- ½ teaspoon black pepper
- ½ teaspoon paprika
- ¼ teaspoon cayenne pepper (if you like)
- ⅛ teaspoon salt
- 3 cloves garlic, chopped

Directions

1. Preheat oven to 375 degrees F. Spray a baking sheet with nonstick cooking spray.
2. Cut potatoes into wedges or strips. Place in a bowl of cold water for 15 minutes.
3. Drain potatoes. Place in a large bowl and coat with vegetable oil. Season with black pepper and salt. If using cayenne and paprika, add that too. Place in a single layer on the baking sheet.
4. Bake for 20 minutes. Remove from oven, turn the potatoes over with a spatula, and sprinkle with garlic. Bake an additional 15 minutes or until browned and crisp.

Nutritional Information for 1 serving (about ½ cup) of Oven Baked Sweet Potatoes					
Calories	150	Cholesterol	0 mg	Sugar	5 g
Calories from Fat	30	Sodium	140 mg	Protein	2 g
Total Fat	3.5 g	Total Carbohydrate	27 g	Vitamin A	931 RAE
Saturated Fat	0 g	Dietary Fiber	4 g	Vitamin C	4 mg
				Calcium	45 mg
				Iron	1 mg

*Recipe adapted from Recipezaar.com.***CRANBERRY SWEET POTATOES****MAKES ABOUT 6 SERVINGS****Ingredients**

- 4 tablespoons orange juice
- 2 tablespoons margarine
- 2 tablespoons vegetable oil
- 2 tablespoons sugar
- 1 teaspoon cinnamon
- ¼ teaspoon salt
- 2 pound sweet potatoes, peeled and cut into 1-inch pieces
- ½ cup dried cranberries

Directions

1. Preheat oven to 375 degrees F.
2. In a 9x9 baking dish, combine the orange juice, margarine, vegetable oil, sugar, cinnamon, and salt.
3. Add potatoes and cranberries.
4. Cover with foil and bake 40 minutes or until potatoes are soft.

Nutritional Information for 1 serving (about ¾ cup) of Cranberry Sweet Potatoes					
Calories	250	Cholesterol	5 mg	Sugar	17 g
Calories from Fat	80	Sodium	180 mg	Protein	2 g
Total Fat	9 g	Total Carbohydrate	43 g	Vitamin A	1111 RAE
Saturated Fat	1.5 g	Dietary Fiber	5 g	Vitamin C	7 mg
				Calcium	53 mg
				Iron	1 mg

Recipe adapted from Recipezaar.com.